



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09259, Pears, dried, sulfured, uncooked

Report Date: June 30, 2017 20:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	26.69	21	0.367	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	262	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	1096	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Protein	g	1.87	19	0.056	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.63	19	0.027	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	1.11	19	0.039	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	69.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	7.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	62.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	34	19	1.069	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Iron, Fe	mg	2.10	19	0.089	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	33	19	0.590	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	59	19	1.251	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	533	21	16.424	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	6	21	0.330	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.39	19	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.371	19	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.327	3	0.038	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	7.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Thiamin	mg	0.008	16	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.145	16	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	1.372	16	0.086	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.153	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Vitamin B-6	mg	0.072	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folate, total	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total	mg	23.0	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	15	0.166	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2003
Vitamin A, IU	IU	3	15	3.314	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2003
Lutein + zeaxanthin	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2003
Vitamin E (alpha-tocopherol) ¹	mg	0.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2003
Tocopherol, gamma ¹	mg	0.04	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2003
Tocopherol, delta ¹	mg	0.04	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	20.4	--	--	--	--	--	--	--	--	Calculated or imputed	09252	01/2003
Lipids													
Fatty acids, total saturated	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.132	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

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22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Threonine	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Valine	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.368	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glycine	g	0.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2000

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD